

# Mental Health First Aid Training

*It's easy to tell when someone is having a heart attack, is choking or can't breathe. But what does depression look like? or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?*



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, peers, neighbors, health and human services workers, and other community members how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) This will be the first of at least two of these trainings (more will be offered if there is interest). There is room for twenty five people at this training.

**Where: Legendary Waters Event Center**

**When: August 26, 2016**

**From: 7:30-4:00 (starts promptly at 7:30 – working Breakfast)**

**Breakfast/Lunch/Snacks Provided ☺**

**Fill out and submit attached form to sign up for the class!**

**Any questions, please contact Katy Gorman at 715-779-3707 Ext 2223**

# Google Forms

Having trouble viewing or submitting this form?

[FILL OUT IN GOOGLE FORMS](#)

I've invited you to fill out a form:

## Youth Mental Health First Aid (YMHFA) Registration

This is a FREE training / certification offered by the School District of Ashland, Project AWARE.

**What class are you registering for? \***

You must attend both days.

- ☐ ( ) April 18, 2016 7:30-4:00
- ☐ ( ) June 8 & 9, 2016 8:00-12:30
- ☐ ( ) August 25 & 26 8:00-12:30
- ☐ ( ) August 26 7:30-4:00 RedCliffHealth
- ☐ ( ) September 29 & 30 8:00-12:30
- ☐ ( ) October 27 & 28 8:00-12:30
- ☐ ( ) December 8 & 9 8:00-12:30
- ☐ ( ) January 12 & 13, 2017 8:00-12:30
- ☐ ( ) February 2 & 3 8:00-12:30
- ☐ ( ) March 16 & 17 8:00-12:30
- ☐ ( ) April 27 & 28 8:00-12:30
- ☐ ( ) May 11 & 12 8:00-12:30
- ☐ ( ) June 8 & 9 8:00-12:30
- ☐ ( ) Other:

**First Name \***

**Last Name \***

**Phone Number \***

**Cell or Alternate Phone**

**Email Address \***

**Alternate Email Address**

(In case you change positions or move)

**Employer**

**Where did you learn about this training?**

[Email distribution \]

**What is your role with youth?**

(check all that apply)

- ☐ Teacher / Assistant
- ☐ Emergency Services
- ☐ Social Worker / Case Worker
- ☐ Mental Health Provider
- ☐ Parent / Guardian
- ☐ Coach
- ☐ Youth / Community Group
- ☐ Mentor
- ☐ Food Service / Bus Driver
- ☐ Other:

**Why are you interested in becoming a Youth Mental Health First Aider?**

[Submit]

Never submit passwords through Google Forms.

Powered by



This form was created inside of School District of Ashland.

[Report Abuse](#) - [Terms of Service](#) - [Additional Terms](#)

[Create your own Google Form](#)